

RAYMOND

The Centre of South-
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Sugar Beet Industry.

Raymond Recorder



RAYMOND

Where the prize-winning Baby Beef of Alberta are finished on alfalfa, grain and beet by-products.

Volume 34

Thurs., December 24, 1936

Number 39



Merry Xmas to Each and Every One Of Our Many Dear Friends



Christmas Greetings

TO ALL OF OUR TOWNSMEN;

It is with a feeling of deep gratitude and appreciation that we extend to you the greetings of the Christmas season with all the joys it affords to a world that is struggling to cope with adversity such as we seldom have seen.

We appreciate the generous response you have made to make it possible to carry the many burdens that have come to the Town because of the added weight of responsibility in trying to meet the needs of those actually in want, and the increased costs of services for health, schools, and general maintenance of the town's utilities.

It is a matter of satisfaction that because of your co-operation and the manner you have faced the problems of meeting your taxes, in the worst year of drought we have ever faced that we have been able to carry on without adding to the burden of indebtedness to any marked degree.

We thank all who have so generously met their obligations to the town, and express the hope that the year 1937 may be one of rich harvests that will add to the comforts of each of our townsmen, that will bring relief to those in need, and change the outlook from despair to one of great hope and joy.

The Town has been able to add to the water system a needed extra storage capacity, it has also extended a Light Firm chise saving the Town something like \$2000.00, it is now gravelling our main thoroughfare, and has in mind the construction of a Swimming Pool this coming season for the betterment of our youth, and if conditions are at all favorable, it is hoped to actually increase our storage of water by completing the Reservoir already begun so that the future will be provided for.

We still desire to curtail expenditures as in the past, and so far as possible make no improvements only those actually essential to the protection of our present holdings.

We convey to you our best wishes for a very Merry Christmas season, and a Happy and Prosperous New Year, that will meet your most earnest desires.

The Mayor and Town Council.

XMAS PROGRAMS

IN MUTUALS

Xmas programs were held in both Ward Mutuals Tuesday night, and the interesting program numbers were followed by refreshments and Santa Claus. After this a great many of the First Ward people joined the Second warders in the latter's hall, and a very enjoyable evening's dancing was held.

A. M. A. PROTEST SEVERE ACTION OF B. C. POLICE

Steps which it is hoped will result in a relaxing of severe checkups being made by British Columbia of motorists from Alberta, have been initiated by the Alberta Motor Association.

Many complaints made to the Calgary branch of the A.M.A. resulted in that body passing a resolution at its annual meeting in calling for remedial action and this was given full endorsement when the resolution was confirmed at the annual sessions of the provincial motor club organization held subsequently at Edmonton.

The complaints referred mainly to severe police check-ups in the Crow's Nest Pass area. In addition, it was reported that the B.C. authorities appeared to be enforcing regulations to require visiting motorists to buy B.C. car licenses for harsh and unjustifiable reasons.

In protesting against the actions of the B. C. authorities the A.M.A. proposes to have the situation complained of made the subject of full investigation with a view to having motor travel throughout Canada made as free of restrictions as possible.

Feeling of the A.M.A. is that any unnecessary interference with motorists in travelling from one province to another is detrimental to public good. Now that governments and private enterprise realize that great value is found in open highways for the motoring public, it is believed that action which would curtail desirable travel should be completely avoided by police or other authorities.

Raymond stores are planning to close all day, Saturday, Dec. 26th.

TREES AVAILABLE FOR FARMERS

In connection with the statement of the Alberta Government published last October regarding certain types of trees being available to farmers for transplanting, it was learned from an interview given today by the Hon. C. C. Ross, Minister of Lands and Mines, that a large number of Lodgepole Pine, and to a lesser extent Scotch Pine, are still procurable from Forestry Division of the Department. As a result, applications for these two species for transplanting next spring will continue to be received up to January 31st, 1937.

The stock referred to is stated to be large and healthy. It is available only for additions and replacements in windbreaks and natural bluffs. Application forms are obtainable from the Director of Forestry, Department of Lands and Mines, Edmonton.

News Notes

Quite a number of school teachers departed Wednesday morning for their homes to spend Christmas.

A continuation of this kind of weather would make a decidedly pleasant day for kiddies and grown ups on Christmas.

You singers, get a group or two together and serenade a few of those unable to get out because of age or illness.

The Raymond Ward Sunday Schools are having Xmas programs next Sunday. Interesting programs will be presented in both wards.

Les Palmer is singing "O give me a home where the buffalo roam and there ain't no more letters to sort." The office floor looks like the packing department of a mail order house.

One or two patches of ice between here and Welling caused motorists an anxious second or two over the week-end. One car banged into the snow hard enough to bend the fender and radiator grille, but luckily no one was injured.

Pope Pius XI is still a very sick man, despite his heroic efforts to fight off his trouble. Papers state he will be carried to the microphone and make his usual Christmas Day address, probably over a world-wide hook up.

Hans E. Wight, M.L.A. for Lethbridge, in a press interview in Edmonton this week told reporters there was no immediate prospect of dividends being paid and gave as his reasons, the poor crop the past season, and the lack of co-operation.

John Marich, farm hand on the Nick Prish farm, six miles south of Lethbridge on the Stirling road, committed suicide Tuesday afternoon by hanging himself in the barn, where the body was found. No inquest will be held.

Parties were held in all school grades Tuesday. The smaller grades had oodles of eats and the upper ones had refreshments other. In the High School the pupils presented a drama, and then had refreshments and gifts brought by the Student body officials from money donated by the students. All had a good time.

Blairmore had a Christmas rain storm on Tuesday, and assessments and cellars were filled with water as a result. In 1933 a similar situation arose when the river flooded over its banks, and many people had to go through 20 feet of water with only the roofs of their houses to keep them warm.

Mayor Bullivant of Medicine Hat, now entering his twelfth year as Mayor, has missed only 2 meetings in 11 years.

Mr and Mrs. Warren Porter are planning on spending the Xmas holidays with their family in Medicine Hat.

Miss Nonavee Watson left Wednesday morning to spend Christmas with her family at Baintree, Alberta.

J. D. Hall is commencing to look himself again after a very bad attack of stomach trouble. He was in bed most of the time for two weeks.

Here's hoping that Santa Claus visits every home in Raymond with something to remind its inmates of Christmas & the story of the day.

The bus arrived Monday night with about two dozen sacks of mail for the local Post Office "Less" and his assistants are having a busy time right now and will be glad when Christmas is over as far as the handling of extra mail goes.

CHIEF FISCAL PROBLEM IS UNPRODUCTIVE DEBT

The chief fiscal problem of Alberta arises not from debt but from unproductive debt. This fact is made clear in the comprehensive Elliott-Walke survey, which takes into account all phases of the present financial situation of the province and provides a historical background of the details that have contributed to weaken the province's fiscal structure.

"For thirty years," the report says, "debt creation has been an integral part of the Alberta economy as it has been of the whole Canadian economy. In those years it has brought many assets which otherwise might not have come in some cases and perhaps should not have come. It has brought highways, bridges, public buildings and a variety of public works and utilities, and a part of the population has gained its livelihood by the work which was financed out of the proceeds of borrowed funds.

"Up to 1929 a large part of this debt creation was bringing tangible assets designed for the welfare or convenience of Alberta citizens. Thereafter, as depression descended upon the people the debt creation in considerable part brought only intangible assets because, instead of leaving public works on the balance sheet, it left only unemployment relief advances or direct relief expenditures—in tangible assets represented by the subsistence that the borrower was afforded to those without personal resources."

Regular Rotary Meeting

SALVADOR CITY RAZED BY EARTHQUAKE

With the death toll unknown but known to be over 400, and property damage of millions of dollars, the city of San Vicente was practically razed over the week-end. Watches stopped at ten minutes to ten when the first severe earthquake shock was felt, and in the city above mentioned, only one building was left standing. Communication lines were disrupted, and the only facts of the devastation were brought out by refugees fleeing from the destruction.

Added to the earthquake damage was the threatening steam and smoke from a nearby volcano which threatened death to any remaining people in case of an eruption, and another menace, the fear of sickness and disease from contaminated supply and lack of sanitation about the city.

A special Red Cross train was despatched to the city, and the President of the republic was with the investigating and rescue crew as soon as the shocks had ceased. The death toll was mounting steadily as additional bodies were uncovered.

NEWS NOTES

Chas. Eveson is having a nice sun porch built on to his home. It will make a very nice addition when completed.

The best Christmas season in years is reported by Great Britain. In fact the demands for currency have been so great the note issue of the Treasury was increased \$110,000,000 to meet the demands.

The Montreal Trade Office of the Alberta Government will be closed Dec. 31st, according to press announcements and the services of N. J. Tall dispensed with. No reasons have been given, and the man whose appointment caused such a furor and so much criticism will pass into history as far as his connection with the Provincial Government is concerned.

INTERESTING MEETING

A very interesting Parent-Teachers Meeting was held Thursday in the High School when Mrs. Bert Nilsson delighted those present with a graphic description of some of the high tights of their recent trip to California, mentioning especially Boulder Dam, the new Oakland bridge which was recently opened.

Misses Mary and Jean McLean sang a duet, and Alma Smith gave a reading. Mrs. Kentle won the cake that was given away, and Principal Paul H. Redd had charge of the question box.

The regular monthly meeting of the Rotary Outpost was held Monday night. The attendance was rather small, and the Membership Committee was asked to find out why, and get 100 p.c. out to the first meeting in the New Year.

Because of the departure of Dr. Leach some changes were necessitated in the Executive of the Club. With Dr. Hall made President, M. R. Woolf was nominated Vice-President and Arnold H. Zabriskie, Sec.-Treas. The nominations were elected unanimously.

A report of the Swimming Pool Committee was made by A. H. Zabriskie, and L. L. Pack asked to be released as Chairman of the Committee. In the re-organization Lee Brewerton was made Chairman, with L.L. Pack and S. I. May as members of the Committee, and several suggestions were made re-raising funds for this project, so that it could be completed in the coming spring.

The report on the Boy's Work by Chairman T. Geo. Wood was followed by a long discussion respecting details of a program for instructors and classes. It was decided to accept the offer of the Lethbridge Club, and send a delegation from here to the Y.M.C.A. each week or two, for instructions and work outs, so that a program with some continuity and purpose could be organized for the youth of the Town, and possibly the girls, too, if they desire this training.

Attendance, which has been disappointing for some months was discussed, and the Committee asked to check up on this and endeavor to get the members to the meetings.

A Committee of Joe McLean, Frank Taylor, Tommy Roberts and Orvin Hicker were appointed to organize a Musical Show to be staged later in the winter.

A three minute talk on "Rotary Education" is to be given at each meeting, and starting from the first of the alphabet, the first talk next month will be given by Heber Allen.

Father's and Sons night will be held next month, and every member will be expected to be present, and if he has no sons of his own, he will be expected to bring somebody else's. All that is needed for good attendance at these meetings is to let the boys know, then Dad will come.

Gordon Brewerton was a Raymond visitor Wednesday.

At a divisional Social Credit Conference held in Wetaskiwin last Saturday, a motion was passed that the Social Credit party of the Province withdraw from Town and Municipal elections. Just what action, if any, officially will be taken on the matter, has not been hinted at as yet.

The Raymond Recorder

S. I. MAY Editor.

Published Every Thursday
Non-political, Partisan only in
the interests of Raymond
and district

Advertising rates on application

MAY YOURS BE A
JOYFUL ONE

As Christmas day comes once more, we appreciate the opportunity the season affords us of wishing each and every one of our readers a Merry Christmas. We hope that in your experience of the year you have, individually and collectively, had sufficient joy and happiness to compensate for the heartaches and headaches and despair that the events of the year may have brought to you. That on Christmas day your hearts may turn with joyful remembrance to the life and labors of Him whose Death and Resurrection we commemorate, and remember His patience in suffering, and His Godliness in success.

The year has brought its hours of disappointment and of sorrow to all of us. In many homes the hand of Death has silenced the voice of Father, Mother and other loved ones, and in other homes severe illness has darkened the brightness of days and months of the year. Our temporal affairs have not been the best, what with the grasshoppers, drought, and lack of water for irrigation and so on. And yet, in the midst of all these things, we have much to be thankful for. Peace and security is still maintained in our Fair Dominion, and throughout the great British empire. Despite an event, possibly without

parallel in the empire's history the abdication of the late King Edward VIII, the fine traditions of British freedom and justice rose to the occasion, and His Majesty King George VI ascended the throne amidst the best of feelings in all quarters, and with pledges of loyalty from every member of the Royal family, and all Government leaders of the Dominions that make up the Empire. Contrast this with conditions in many other nations and surely there is much to be grateful for. China is virtually sitting on a powder box. Spain has been torn for several months with revolution, and the end is not yet. Conditions between Germany and Soviet Russia are anything but pleasant, and on every hand people of the world are wondering what the next day will bring. What would we sell our peace and security for.

With you during 1936 we have had our problems. However, we feel to extend our best wishes, and to take this opportunity of thanking everyone for their support and interest during 1936, with the promise that we will endeavor to progress and improve in coming years just as rapidly as conditions will permit and our ability to do so will allow. Again we say, Merry Christmas.

"REASON FOR THANKS"

As the sun of prosperity begins to peer through the heavy clouds of the depression some significant signposts have begun to appear on the economic highway. Gathering strength as it rises up higher above the horizon, its rays illumine indies on the posts which are of more than passing interest to those who may bemoan our national position.

The "man on the street" is interested primarily in the wel-

fare of his family. A comparison with the position of his counter part in other countries, where they live under a system different to that in force in Canada, proves beyond doubt that we are in a much happier position.

Indices show that employment is increasing; there is more buying power; our future as a whole is brighter. We have attained this position not by the adoption of radical experiments, but by the promotion of plans which safeguard individual liberty, thought and action. The country is forging ahead by its own efforts, and with an increasing recognition by business that they are "partners" with capital and labour, Canada can reach the heights of individual and national security which those in other countries will have reason to envy.

Don't forget your less fortunate neighbors on Christmas Day.

Birthday Party

Provo, Utah:—Golden L. Woolf, principal of Brigham Young University training school, and at one time principal

of the High School at Magrath and well known to Raymond people, and Gerald S. Brown, property manager of the Woodbury Real Estate Corporation in Salt Lake City, were the guests of honor at a birthday dinner, on Sunday, Dec. 13 at the Woolf home in Provo.

Since earliest boyhood days in Cardston, where both boys received their schooling in public and high schools, the custom of celebrating their birthdays which occurred on the same day has been observed by their mothers, and now that wives control their destiny, these two men are always guests at a dinner in their joint honors, first at one home and then another. Next year, Mrs. Maggie Lee Brown, wife of the rector and daughter of Mrs. Armenia Lee Coombs of Cardston, will entertain in Salt Lake City, but this year Mrs. Beth Coombs Woolf, daughter Mark A. Coombs of Cardston, entertained. Among the gifts unwrapped by the two honored men were a little red top and a rubber ball for each, reminiscent of boyhood days.

Although each has followed a different field of work in life, Mr. Woolf devoting his life to education and Mr. Brown to business, they have kept up their contacts with each other, each progressing and rising to the top of his chosen field. Mr. Woolf's recent appointment by Dr. Harris, president of the B. Y. U., to survey the high schools of the State of Utah, marks an honor conferred upon few school principals. This is a special project in connection with teacher-training which involves years of future policy in university work. Mr. Brown, formerly manager of the Cardston Trading Co. has recently been chosen by the Woodbury Corporation to manage its city properties, valuations of which run into hundreds of thousands of dollars. It is reported that since he has undertaken this work, the revenues from Salt Lake City properties under the control of the Woodbury Corporation have increased more than \$1,200 a month. This has been made possible through modernizing many buildings and introducing more efficient methods of management.

Guests at the birthday dinner included Dr. and Mrs. W. Woolf, formerly of Cardston, physician and surgeon of extensive practice in Cardston and district; Mr. and Mrs. Washburn Brimhall, who also lived in Cardston many years, leaving there for Provo in 1919; Mr. and Mrs. Elmer Jacobson, Mrs. Jacobson being formerly wife of the late D. H. Grow of Fill Springs; Mr. and Mrs. D. O. Wright, also of Cardston and Mr. and Mrs. Kenneth Allred, both of whom are attending Brigham Young University in Provo, Mr. Allred teaching classes in mathematics at the university, while studying for his degree. He was formerly a teacher on the Cardston high school staff, and also was a teacher in Raymond a few years ago.

WOOL CARDING

I have just installed an Electric Wool Carding Machine and solicit your patronage. Satisfaction Guaranteed and prices very reasonable, 25c. per pound.

No Picking Necessary

Mrs. Jas. Hawkins

Season's Greetings

to their Many Friends and Customers
with a Great Big Thank You for past
Favors, from all the Advertisers
on this Page



Phone 32
Geo. Ralph

Res. Phone 33
Fred Ralph

Res. Phone 40
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Special Prices on Quantity Lots.

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Sample Copy on Request

Messrs. J. M. Workman and N. G. Bray of Cardston were Raymond visitors Monday Mr. Workman is Wool buyer for Whitaker and Co. of England and was here getting a line up on next spring's wool clip.

HALL'S BARBER SHOP

POPULAR PRICES SATISFACTORY SERVICE

CALL IN FOR A SMOOTH SHAVE

Insurance

Agent for CANADA LIFE ASSURANCE CO.
Also several good Fire Insurance Companies.

SAFETY IS BETTER THAN SORROW

J. H. Walker

COME IN...

WE LOVE
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VELV'S BARBER SHOP

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IMPERIAL OIL AGENT

3 STAR GASOLINE
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Phone 1 or 71 Raymond

The Lethbridge Memorial Funeral Chapel

H. J. FLOCK, Manager

Raymond Representative

S. I. May

PHONE 24 Day or Night "Service is Love in Action"

Miss Vivian FOSTER

Has Returned to LETHBRIDGE for the FALL SEASON She will give TEA CUP READING and PALM READING AFTERNOON and EVENING Commencing today at the

Holsom

612—3rd Ave. S. Leth.

As a Life Insurance Policyholder
Your Policy is Larger
Your Premium is Smaller
Because of Interest Earnings

YOU get more Life Insurance, and you pay less for it, because of interest.

The hard-earned savings that you set aside each year for the financial protection of yourself and your family are invested for you by your Life Insurance company in government and municipal bonds, first mortgages, public utility bonds, industrial and other interest-bearing securities.

Because of the interest earnings—the rental value of your savings—your money makes more money, and this earning power of your savings is put to work for you from the moment you pay your first Life Insurance premium.

At that moment, the Life Insurance

company that you have chosen to act for you begins accumulating necessary funds to pay your policy claim promptly and in full when it falls due.

These funds are regulated by Dominion and Provincial Insurance Acts and are mathematically calculated. To maintain them, both the premiums you pay and the interest earned on them are necessary.

The part played by interest is, therefore, an essential part of your Life Insurance contract. Your policy is larger, your premium is smaller, because of the additional money that interest earnings add to your savings, and this is true in the case of 3,500,000 other Canadian Life Insurance policyholders.

Life Insurance



Guardian of

Canadian Homes

Merry Christmas 1936

In grateful acknowledgement of
this opportunity, made possible
by the most pleasant business
relations of the past,
we extend you our hearty wishes for a
Merry Christmas and a
Happy New Year

J. F. Judd

N. Bawlf Grain Co. - North Star Oil Co

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All Types of Welding, General Blacksmithing

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Agent for Parrish & Heimbecker Limited

WEEKLY LETTER FIELD HUSBANDRY

The field husbandry work at this Station is concerned with experimentation in the handling and management of crops. It includes such phases as cultural practices, crop rotations, fertilization, soil and soil moisture studies, times, rates and methods of seeding, weed control, irrigation, harvesting and any other factors dealing with the actual management of crops.

The Station is located immediately east of the city of Lethbridge and has received an average annual precipitation of 15.7 inches for 34 years varying from 27.9 inches in 1902 to 7.6 inches in 1918. Being in the centre of the "Chinook Belt" the evaporation is high. The 14 years' average evaporation from a free water surface of a land tank for 6 months of the growing season has been 27.4 inches.

As both dry farming and irrigation are practised in southern Alberta, the Station was placed where both irrigated and dry land could be secured and both of these types of farming are under investigation. Crop rotations were established in 1912 and some additional ones later, so that now there are as much as 25 years data on the reaction of these rotations. On dry land it has been exceedingly difficult to secure profitable production from any crops but wheat, and summer-fallowing has been found to be definitely essential for the conservation of moisture and control of weeds.

Attention has been given to the problem of soil drifting on summer-fallows both on the Station and by studying practices on farms of the surrounding territory. The definite progress made in controlling soil drifting in southern Alberta is common knowledge. The handling of ploughless fallows has received attention for over 15 years and the necessity of preserving good trash covers to protect this

type of fallow from the ravages of soil drifting was recognized many years ago. Farmers have continually been advised that good trash covers must be maintained if drifting is to be controlled on ploughless fallowed lands.

The development of strip farming has received careful attention and its merits have been extolled not only in southern Alberta, but throughout the entire prairie area.

On irrigated lands rotations with legume crops have been of decided value in maintaining fertility and controlling weeds. The introduction of the sugar beet crop has helped materially in overcoming the weed situation on irrigated lands. Cultural and fertilizer practices for beet production have been extensively investigated and it seems safe to say that the use of phosphate fertilizer and manure can be recommended for almost every beet field. The ploughing under of green manure such as sweet clover has also given good results. Phosphate fertilizers have also been of definite value in restoring depleted alfalfa fields and have usually increased the yields of irrigated grain crops as well.

Irrigation experiments have shown the value of providing sufficient moisture to keep the crop growing without any retardation because of lack of water. The results of these experiments at the Station have caused the development of the general advice that the best irrigation practice is to irrigate before the crops need water.

Other phases affecting crop production are receiving attention and continually new problems arise as additional practices develop and new crops are introduced. At present the members of the Station staff are engaged in experimentation not only at the Station but on various experimental areas and Sub-Stations throughout the district served by the Station.

— III —

Miss Jolayne Price, daughter of Mr. and Mrs. Eddie Price, is in St. Michael's Hospital for a few days.

* * *

Tuesday's paper reported that Hon. C. C. Ross, Minister of Lands and Mines in the Alberta Government was going to resign. Questioned regarding the report Mr. Ross would not comment and told reporters they could get the details from Premier Aberhart. The comment could not be confirmed, but if so, will be the first open split in the Social Credit Cabinet.

WEST BEGINS TO FEEL EFFECTS OF MORE BUSINESS

Western Canada is "picking up" considerably and agriculture, which is admittedly "the backbone of the nation" is beginning to wear a dress of brighter hue.

Instead of farmers' wheat staying in storage it is being sold and the money is travelling back through regular channels to the farmers' pocket book.

Latest government figures show that the quantity of wheat in elevators and U.S. lake ports on January 3, 1936 was over 260 million bushels. The comparable figure on November 27 was slightly in excess of 127 million bushels, the movement of wheat in that period representing the equivalent in cash sales of approximately \$133,000,000 in less than eleven months.

Today wheat is around \$1.20 a bushel. The increased purchasing power created by the advance in wheat prices is one of the contributing factors to increased prosperity, according to the Canadian Chamber of Commerce.

EXPERIMENTAL STATION LETHBRIDGE

Xmas 1936

May Happiness be
yours this glad
and joyous
Holiday time

**RAYMOND
COFFEE SHOP**

**LARSON BROS.
Billiards**

FARMCO SERVICE
J. F. Elder, Mgr.

TOGO CAFE
Good Meals Always

The Season of glad-making
wishes is here

**Merry Christmas
and a
Happy New Year**
Raymond Pharmacy
P. W. Cope, Proprietor

Accept our Thanks for past favors
and Our Best Wishes for

A Merry Christmas
To One and All
**STONE'S
Service Store**

May life's best gift make
glad your day
And joy light up The
New Year's way

Holt Brothers
Meat Markets
PHONES: 17 and 81 Raymond

Our Cordial Greetings go Out to
You in the Hope that the New
Year Will be Bigger, Brighter
and More Prosperous than
Any Before

**Citizen's Lumber Co.,
Limited**
Harold McKean - Local Manager

A sincere and hearty greeting
Full of Christmas Cheer,
Bearing just good wishes
For Happiness all year.

Porter's Garage
Phone 7 Raymond

Dr. F. M. Hall
Dental Surgeon
Extends to One and All Best Wishes and
Th Season's Greetings

Thanks for Your Patronage
and May You Have
A Very Merry Christmas
Maple Leaf Bakery
Bread - Cakes - Pastry

Cordial Greetings Of The Season

We have found that friendship in Business counts for much and we are grateful for yours.

We desire to convey the Season's Best Wishes for a Merry Christmas & a Happy and Prosperous New Year.

Raymond Mercantile
COMPANY LIMITED
THE BIG DEPARTMENT STORE

HEALTH

by *Dr. J. H. Ford*
A HEALTH SERVICE OF
THE CANADIAN MEDICAL
ASSOCIATION AND LIFE
INSURANCE COMPANIES
IN CANADA

BLOOD PRESSURE

Blood pressure is the force that the heart exerts in order to pump the blood through the circulatory system. The heart is a muscular organ which acts as a pump to keep the blood in circulation. The blood leaves the heart in two streams. One stream carries the blood to the lungs where it is purified; the other stream goes to all parts of the body, carrying food to the tissues.

The arteries are hollow tubes which carry the blood. Normal arteries are soft and elastic. The impulse of the heart beat is carried along through the arteries and can be felt at the wrist, where it is called the pulse.

In the normal, healthy body, the blood pressure is normal. Certain abnormal conditions, particularly those affecting the heart, arteries and kidneys, cause an alteration in the blood pressure and it becomes abnormal.

An abnormal blood pressure is not a disease but is a symptom of some abnormal condition. It is a warning sign and the physician seeks for and treats the cause.

Disregard of the needs of

the body for exercise, rest, proper food and such things, throws a needless strain upon the whole system, and one symptom of this is frequently an increased blood pressure.

The family physician should be consulted regularly for advice as to how to live. The periodic health examination is not only for the purpose of discovering abnormal conditions, but also for receiving advice as to how to keep normal.

Questions concerning health, addressed to the Canadian Medical Association, 184 College St. Toronto, will be answered personally by letter.

NEWS NOTES

Red Deer's Xmas number came to hand last week with their usual attractive cover on it. Congratulations Fred.

We had a nice rain shower for a few minutes Wednesday morning and the forenoon was cloudy with a sharp north wind for a while.

47 Mexican coal miners were killed in a blast on Tuesday, that investigators think was caused by escaping gas. It is feared more bodies may be uncovered.

Cardston got a rush on and printed their Xmas number on Saturday last instead of Tuesday, their usual publishing day. Holidays Friday and Saturday would no doubt make it inconvenient to publish again Tuesday at that.

WANT ADS.

Wanted to Rent--2 Rooms furnished or unfurnished. Will decorate to suit.--F.D. Merrill, Raymond.

For Sale - Quebec Heater, 44, pipe and floor board included, Lloyd's Baby buggy like new. F.D. Merrill.

IF YOU WANT RESULTS--

Use our Want ads. Considering the results they bring the cost is insignificant. Try one whether you want to Buy, Sell or Trade. The Recorder.

NEWS NOTES

1936 is almost history. If you have something good yet undone, better get busy now.

A mad dog bit three children in Phillipston, Mass., Tuesday, and their lives are hanging on the success of anti-rabies vaccine sent post haste to hospital by military authorities. The dog was killed.

SNOW REMOVAL PROGRAM MEANS LOT TO PROVINCE

Welcome news to the motoring public of Alberta, to farmers and others is found in the announcement that the provincial government intends to greatly increase its highway snow clearing program this winter.

The intention is to operate snow plows over 1,680 miles of Alberta highways, compared with 1,200 miles covered in last

winter's program.

Through the purchase of three new five ton trucks for snow removal purposes, the Department of Public Works is enabled to extend its program. These trucks have improved apparatus which, it is believed, will make it possible to cover a greater mileage than hitherto, the plow points in particular being one of the improvements.

Three old snow plows were turned into the factory by the Public Works Department under the deal by which the new equipment was acquired.

The snow clearing program comprises 443 miles of highways in the Calgary district, 496 in the Edmonton area, 359 miles in southern Alberta to be covered from headquarters at Macleod, and 382 miles in what is described as the Red Deer area.

Need of extending the snow clearing program, particularly in the interests of motoring and also to serve the marketing requirements of farmers and other producers, has long been urged by the Alberta Motor Association.

The A.M.A. also has taken up at times the question of the wide bench sleighs, so that sleighs and cars would both be enabled to operate over the roads in winter.

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The Raymond Recorder

Merry Christmas

The Holiday Season presents a pleasant opportunity to express our appreciation of your friendship.

May our service prove to be a factor in the prosperity we wish for you during the Coming Year.

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NEWS NOTES

K. G. Woolley is convalescing at home now, after an attack of erysipelas which put him in the hospital for a couple of weeks.

Jimmy May was taken to St. Michael's Hospital last Saturday evening and operated on for acute appendicitis. He is getting along fine now, and will be home in a few days.

Born to Mr. and Mrs. Garth Galbraith, Tuesday, Dec. 22, a baby boy. Mother and son are doing fine. Dr. Madill was in attendance.

Raymond's Broadway looks very attractive and citified with its strings of multi-colored lights across from pole to pole. It certainly adds a Xmas air.

The wind warmed up Monday and melted quite a lot of the snow that had been lying around. Only remnants of the huge drifts remain, with patches of ice here and there.

The Dominion Government has loaned the Province \$600,000 to meet its direct relief payments which have been neglected lately. The rate of relief will not be increased states Dr. Cross, Minister of Health and Relief.

Xmas 1936

At this Holiday Season we feel deeply grateful for the consideration you have so kindly extended to us in the past year and take this opportunity to wish you a very Prosperous and Happy New Year.

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Xmas 1936

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